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# Notes on the practice of Physic

by N. Chapman

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It appears from various observation  
that there are ~~many~~ a number of ways of  
determining the healthy from the Unhealthy  
State—for Instance such as the Pulse,  
Tongue, Countenance, \*Respiration, Inspi-  
ration, Expectoration, Cough, voidings of  
the Stools & Urine &c Beside a number of  
others.

\* Respiration

The Pulse has been by some considered  
as a sure ~~prognostic~~ <sup>critereon</sup> of most diseases, espe-  
cially such as fevers &c, But this rule  
has been strenuously objected to by others.



Who say that it can seldom if ever be depended upon. It is however the opinion of Dr Chapman that the truth lies between the two extremes, and that it may in many cases be confidently depended on.

Considering this to be the case, we come to consider the ~~case~~ different pulses, & in different states and at different times.

We <sup>are</sup> taught that the general state of Pulse of a child just born in a healthy state is about 140 stroke in the minute, at the age of 1 Year 120 - at 2 Years 100 - at 5 Years 90. When it gradually decreases untill it is 12 Year when it is 75 - at which it continues through life, untill it begins to decline with old age and with vigour.



There have been exceptions to this general rule, and a lady was cited whose pulse was never known to have been more than 28. Such cases should be recollected as it might lead to very considerable error.

Before entering on the minuteness of the pulse in <sup>some</sup> general it would be well to give a few general rules to be observed in examining the Pulse of a Patient.

In the first place never examine the pulse on first entering the room of the patient, for the appearance of a Physician seldom fail to excite some alarm, but first allow the patient to become composed and then be not satisfied with examining once but examine again and again for some minutes.



2<sup>nd</sup> Never examine the pulse with less than two or three fingers and then <sup>be</sup> satisfied that it be exactly on the artery.

3<sup>rd</sup> Always, consult the most easy posture of the patient, and study that position in which the artery shall act in the most usual manner and to the greatest advantage.

But now to return, the pulses of the two sexes are somewhat different, that of women is quicker ten strokes in a minute than that of men.

Women in a state of pregnancy and at the time of menstruation have a pulse more frequent and full at the same time fuller. Persons likewise of a sanguiferous system



have a pulse quicker and fuller.

Stature also has considerable effect on the pulse. A person six feet high have a pulse ten strokes slower in a minute. And in the same manner giants have a pulse of not more than fifty strokes in a minute. Position also has an effect.

In an erect posture the pulse is quicker. When lying down ~~the~~ it is 64, sitting 68, when asleep it is from 60 to 65 in the minute, a difference according to light & darkness in the latter being <sup>slower</sup> ~~rather quicker~~.

Walking at the rate of 4 miles an hour raises the pulse to 100 in a minute running 140. Diet has likewise an effect <sup>after</sup> ~~in~~ eating it is quicker and fuller, but



fasting has the contrary effect.

Medicine are well known to have an effect, for instance the digitalis raises it 100. Heat of fire or of Summer raises it ten str-. Those person living under the torrid <sup>zone</sup> have a pulse of 100 Sudden cold, such as the cold bath raises it, but cold in general has a contrary <sup>effect</sup> for the Laplanders have a pulse of <sup>only</sup> 40 strokes and likewise those of Switzerland.

Civilization has an effect to quicken the pulse, for Indian are known to have a slower pulse than those of a more enlightened race. State of the Mind has an effect on the pulse - Anger, joy & Anxiety quicken, whereas grief, &c a contrary effect.



In a time of conversation the pulse is quicker, different times of the day have an effect on the pulse, quicker ~~and~~ at noon and night and morning and afternoon a contrary effect.

And in the classification of the different pulses, are the, "Synroche" (as in fever) full, frequent and tense, "Synochus" (as in Inflammation), full, round & frequent.

"Synochola" (as in autumnal fever) quick, tense & hard, "Typhoid" (as in hectic fever) quick, tense & of a small volume, "Typhus" (as in jail fever) weak, small & quick.

The countenance is another rule, which in some instances may be relied upon, for in consumption we may always observe a hectic countenance with a



circumscribed circle on the cheek,  
with a vivid eye.

In "Pestilential fever" you may  
always observe, an eye red, suffused  
and muddy like that of Intoxication.

Typhus fever, discovers a languorous,  
fable anxious eye, suffused and dull.

In the Hypocritic, a sharp nose and  
hollow eye.

In alarming diseases a countenance  
natural is never to be considered as a  
favourable ~~omen~~ omen; for instance

In Yellow fever a natural countenance  
is always considered as very unfavour-  
able.

If the eyes avoid light, or waver



involuntary, or the eye be drawn to one side is always to be considered as very unfavourable, or a constant and unusual squinting very unfavourable.

A dilated pupil of the eye is a sure indication of Inflammation of the brain, an eye sparkling denotes the Venereal.

The next to be consulted is the tongue, and a white tongue denotes Phlegm. In Pulmonary Diseases the tongue is sometime clean.

In diseases of the bowels the tongue is general bad. In Consumption we find the tongue moist— as also in Intermittents, white, dry & hot



In "Typhus" the tongue is white with considerable dryness, and if the tongue shall be protruded with considerable difficulty, it may always ~~be~~ ~~may~~ be admitted a sign of imminent danger.

The tongue in, "Yellow fever", is white, cloudy, with yellow appendages, as if milk had been rolled over it.

Stremous on the tongue, when projected always indicate very great danger, and more especially so when accompanied by nausea ~~and~~; Likewise yellow matter hanging about it is also very unfavourable.

The tongue in ordinary fevers is general ~~some~~ ~~but~~ ~~florid~~ florid.



In laboured respiration caused by diseases of the lungs, a retraction of the anus may be observed; which is somewhat unfavourable.

In cases of "Asthma" the Respiration is quick or long, anxious and distressed considerable sighing in Inflamed viscera is very unfavourable.

If in "Consumption" matter come up free and without trouble, being of a thick, yellow and tenacious consistence, may be considered.

favourable, But if on the contrary the expectoration of ~~the~~ dark blood attended with heavy breathing is unfavourable,



Expectorations of considerable odour may be considered as unfavourable.

Pus containing globules, may always prove the patient to be in the last stage of Consumption. And among the number of ways for detecting these are the Microscope &c.

Another very certain and easy method of ascertaining is, "to place a piece of pus between two pieces of glass, and then when held before a candle will discover the Globules."

The posture of the patient may likewise indicate much, And we always order the patient to lie on the one side only, in cases of affection of the liver, spleen &c.



and likewise in Inflammation of the Pericæum  
We know them when lying on the  
belly ~~when~~ to be affected with Pericæal  
or severe pain in the stomach.

It is always to be seen in "Peritonitis"  
An erect posture knees drawn up.

We do always consider that to lie  
on the back with the knees drawn to  
the side is a bad symptom.

Another thing to be observed, in ex-  
amining a patient, is that of the  
temperature of the body.

An unequal temperature diffused  
over the same body may be considered  
as dangerous. But before I say any  
thing more as regard temperature, but



allow me to say with regard to posture,  
that if the muscle be drawn over the pulse,  
it is always to be considered as indicating  
the very near approach of death.

Or if the hands of the patient be frequently inclined towards the head,  
it is a very bad sign.

To observe cold extremities is bad, but  
cold hands is still more alarming.

But of all cold breath may be known  
as very dangerous and indicate affection  
of the Stomach or bowels.

Another bad sign to press on the  
tongue with the finger, and after taken off  
to remain pale, to see a darkness  
under the nails of fingers in fevers,



is always a very bad sign.

A quickness of the voice or quick answer from a mild man is always in-favourable, a trembling of the voice is very bad, but the entire loss of it is still worse. A patient to be inattentive to those around him, or unmindful of his family and secular concern may always be considered very bad, but on the contrary, <sup>be</sup> polite and concerned may generally be esteemed favourable.

A dimness of the eyes is bad, but blindness is followed by speedy death, Hearing of bad sounds, is bad.



Should the taste be impaired it always  
a bad symptom, and should the  
taste be sweet, it will denote an af-  
fect of the kidneys. An unusual de-  
mand for animal food is likewise  
very bad.

Sensations," Insensible to heat or cold  
may be considered as very bad, and  
more especially so in nervous fevers.

A patient to be muttering dull to  
himself very bad, and yet delirium is  
better. and bad to be unmindful of  
those about him.

Much may also known by the evacu-  
ations, and that of black blood is always  
bad.



Watery stools indicate a relaxation of the muscles dependent on the mucous coat of the viscera. If at the close of distentary the stools should be watery, it is always very alarming, and Indicative of Inflammation of the bowels.

It is not necessary probably to prosecute this, ~~any~~ subject any further, the stools, generally may be known, the healthy from the unhealthy state, by the Odour, consistency and colour.

Urine in cases of a high degree of Dropsy, will be found to coagulate by heat. Blood, when it shall ~~be~~ be dissolved, shall have the appearance of having been heated, In such cases



the highest danger is to be feared especially in malignant fevers. but the worst of all appearances is that, where it shall have the appearance of molasses and water. And best where a portion only is diploica, And moreover where such occur the lancet must be laid aside and stimulants applied.

In autumnal fevers, the blood may be observed to have a Crum clear, red or ~~black~~ brown, nor is it alarming if the Crum should be yellow.

Should the appearance be scarlet or of a buffy colour, we may consider it a mark of Phlogisy. The buffy appearance may be considered favour-



able and in Inflammation ~~may be con~~  
requires venesection, except when it is  
found in Sympne, or an affection of  
the lungs whether acute or chronic, and  
then the appearance is of an azy or  
buffy colour.

But now to conclude with the  
previous causes, it appears that they  
may all be defined in following  
order, which is first Remote

2 The Anxious & proximate

3 Proper & common

4 Pathonomic & Diagnostic

And these divided into Primary &  
Secondary.



The following is the Nosological  
Order Introduced by Dr Chapman,  
First Circular, of the Heart, blood vessels &c

- 2 Digestive, of the alimentary canal.
- 3 Respirative, of the pulmonary organs.
- 4 Absorbents, of the lacteals.
- 5 Secretory, of the Glands.
- 6 Sensitry, of the Organs of sense, brain & nerves.
- 7 Muscular, of the Muscles & their appendages.
- 8 Cutaneous, of the cuticle.
- 9 Osseous, of the bones.
- 10 Generating, of the Genital apparatus.

Fever, consist of increased Heat  
Frequent pulse and disarrangement  
of the organs. So there however there  
are exceptions, for in Typhus, the



temperature is sometimes <sup>colder</sup> ~~lower~~ than  
usual, and the pulse more frequent  
than usual, where the brain is con-  
cerned the pulse is about one  
half. Fevers are divided into,  
Idiopathic, & ~~Synopathies~~. Symptomatic

Dr Chapman imagines that  
in <sup>most</sup> frequent contagious, the morbid  
matter is admitted into the mouth and  
swallowed into the stomach, and in  
consequence of this organ becoming  
affected, the whole system partakes  
of the Disease, And the lungs some-  
times are affected in the same man-  
ner, but as regards the stomach  
A small portion ~~may~~ of Oil, may be



considered a preventative to counteract  
the effects of the morbid matter on  
the coats of the Stomach; Or eating  
just before going into the infected dis-  
trict may likewise have the happy  
effect. And this may be proved by  
knowing fevers and Malignancy of  
all kinds are derived from the Sto-  
mach. Such as Typhus &c —  
Yellow " Fever - "

It has been discovered that Epide-  
mics are Intimately associated with the  
order and Economy of nature, generally  
influenced and proceeded by earthquakes,  
Volcano's, comets, meteors &c — And it  
may be observed that it usually affects



birds, Shags, Oren Ge — previous to man.  
A very singular Phenomena is, that  
Yellow Fever most generally is preceded  
by a numberless swarms of flies, filling  
the woods with their hum's, and like-  
wise a great number of spiders, the  
latter was particularly observed by  
the late Dr Rush previous to the fever  
in 1793.

The Silence of the Grasshopper and the  
inactivity of the Bees have been noticed  
previous to Epidemics, so from the above  
and with various other proofs as sufficient  
to satisfy us that all nature is in some mea-  
sure affected — for we know that even in  
the black vomit ejected in Yellow Fever



When strictly observed by a magnifying  
glass a great number of small animic  
ula may be discovered, and which even  
are alive for the space of half an hour after  
their having been thrown up, but at last  
they die away, and the same are always found  
dead after the death of the patient; \*

We can safely infer that no one part of  
the composition of nature ~~escape~~ escapes  
the infection in some measure, for we  
know that ~~the~~ even the small rivers are  
filled with vermin &c —

Another thing to be noticed is, that all  
Diseases are generally suspended for three  
or four weeks previous to an Epidemic.  
There are also several rules in Epidemics



mic to be observed, And

1<sup>st</sup> By the laws of Epidemics no two Diseases of Epidemics can exist together.

2<sup>nd</sup> By their continuance also they suspend their violence and force or become milder and forthwith it is by degrees dispelled —

3<sup>rd</sup> Epidemics are influenced by the state of the air - by ventilation &c — for we know that no two years did Yellow Fever bear the same appearance, and it is sometimes very even in different countries.

4<sup>th</sup> Epidemics will locate itself in different parts of the body, as for instance, the brain by which Apoplexy is produced &c — but these are all modifications of the same Disease.



5<sup>th</sup> Epidemics are diversified in their attack, as in the prevalence, sometimes it is slow at others it is quick, Sometimes it attacks persons of one country only - sometimes of one colour as the ~~Y~~ Fever attacks more generally Whites - others times one sex, one age &c -

Yellow Fever is an Epidemic of Tropical climates, the Disease may originate in a foreign or Domestic State, but that it cannot be carried from one place to another however small the distance, but we know that vessels may convey the materials, and it may be conveyed not only by vessels, but by many other means. Green wood when exposed to heat or sea water occasion a very



malignant effluvia, we are satisfied that the fever in this city 1805 was of a domestic origin; it is likewise to be observed that every year in which Yellow Fevers have prevailed the state of the Thermometer by Fahrenheit, have been on average, <sup>from 70 to</sup> 79 in the months of June & July.

We know that common filth of the City cannot produce the Disease. We consider it caused by a peculiar effluvia not only foreign but also of Domestic origin. for instances new made wharves are apt to generate or cause very bad effluvia, for the rubbish used in filling up the wharves, after a short time becomes putrified and the effluvia arises through the crivices, ~~is~~ caused by the Sun.



The following may adduced as arguments against contagion, And 1<sup>st</sup> That the fever is an Epidemic in its nature And effects, 2<sup>nd</sup> The Disease never spreads when patients labouring <sup>under it</sup> are removed beyond the limits of the city.

3<sup>rd</sup> We find the Disease to be always suppressed at the approach of winter or cold weather.

4<sup>th</sup> The sphere in contagion in which the Disease prevails, as Typhus, Small pox &c does not exceed 6, 8 or 10 feet, it does not affect another house or another room in the same house or persons in the same room provided cleanliness be observed. Another argument is that out of 568 only 28 support contagion.

The pathology and Treatment of Typhoid Fever which is of a typhoid nature.



We believe the disease to originate from a peculiarity in the stomach, ~~which~~ for which peculiarity not easily to be accounted for.

It usually commences with heat in the stomach, nausea, vomiting, heat and temperature irregularly diffused over the body - the yellow spot observed on the skin not caused by the bile as sometimes thought, but from a disorganization of the blood. The disease as in prison is of no remission, and not as some practitioners suppose, an aggravated form of the Bilious.

1<sup>st</sup> Because no yellow fever is evoked from miasmata

2<sup>nd</sup> The two diseases have not the same symptoms nor are of the same type.

3<sup>rd</sup> This disease has its seat in the stomach.

4<sup>th</sup> Its Convalescence is always rapid.



5 In yellow fever we seldom if ever know of a second attack, but in Bilious we know to the contrary.

6 This disease requires quite different Treatment. Treatment. It formerly was the practice to commence by moderate evacuations afterwards by stimulants such as wine &c — but by experience this was found not answer the purpose — The next practice <sup>of no value</sup> was to address the remedies entirely to the stomach, and 1<sup>st</sup> To stop the vomiting, and afterwards to clean out the stomach, another practice has likewise been considered as very efficacious in this disease and not by error, which is Salivation whenever it can be effected.

Some few years ago it being considered as an inflammation of stomach, the lancet,



cupping and blistering where applied and  
purgings with Calomel only or with its Compound  
also cold applications &c. - was the practice  
of this City - while in New York the Physicians  
pursued one very different.

But the last <sup>and</sup> best we yet have known, is  
as follows - 1<sup>st</sup> An emetic if the case be recent  
one and next Calomel ~~or not~~ as moderate purg-  
ing, and afterwards the apt of Turpentine 2 grains  
every hour or two, but turpentine of no effect  
unless applied at the commencement. The  
apply the Turpentine - on the same principle  
as Cyan pepper in ~~leg~~ <sup>leg</sup> ~~mauche~~ <sup>mauche</sup> Tonsillitis  
is the very best remedy.

The peritoneal inflammation the Turpentine  
the very best remedy, applied by wet clothes.



The *Sacrum Saturni*, we exhibit with the same view as *Scorpentine*, the efficacy of which we are well assured, for we are satisfied of its efficacy in checking Bilious vomiting) and likewise very well calculated for Dysentery. In Yellow fever we are to be regulated by the general system, to be relieved by bleeding, blistering &c —

In Yellow Fever the Stomach is poisoned and to be treated as if poison had been received into it. We are told by Dr. Physick, that Yellow Fever is of 3 Stages — 1<sup>st</sup> The Mild — 2<sup>nd</sup> The Moderate, which may be cured &c — 3<sup>rd</sup> The Malignant not to be cured and Dr. Chapman believes there are frequent cases of Y fever on which medicine can have no effect.

In some West

A decoration of the same is said to be very good -  
I have not yet tried, it is no doubt

of some kind, but not as

likely to be as the incense that  
had been used upon it.

As far as I can judge

may say that it is as well known to

the very few of that number  
that it frequently has been

"Teresa" (Lepidoptera)

What appears most to be of service

in this case seems to be that of the

a species of Gomphidion and variation of

some of the same form -  
Harris









For a Discharge by Dr H. E. Hervey

has to effect a cure in one night

To be made by Metastase of Colic per X

with weight (Hoga lard) ~~31~~ 31

We remove the nap from a bloody nose, here a  
Cock, Mag, after every mace or often if necessary

2 Carb. Statof 3 IV

Gum, Arabic 3 IV

Agua Sout. pit 111

Dr Sympch & Colicoun recommend the following  
for the same purpose make into a pill and  
take, two per hour  
The Colicoun grs. 31  
Jule Colicou grs 31

Value brought to Lemon Juice or Shad Bungan

2 Carb. Statof 31

Boe Mag. Statof 31

very low or low Water

311111111

Spencer may be added if necessary



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